

## Claims

1. A training apparatus (10), having a rod-like intermediate element (11), and having identical end elements, (12, 13) curved outward, disposed on both ends of the rod-like intermediate element (11), characterized in that the end element (12, 13) has a spherical form, which on its side toward the rod-like intermediate element (11) makes a steady transition via a turning region (25) into a conversely oriented, concave region (23, 24), which makes a steady transition into the configuration of the rod-like intermediate element (11).

2. The training apparatus of claim 1, characterized in that it has a total length that is approximately in the range of the length of the shoulder span of the person using it.

3. The training apparatus of claim 1, characterized in that the radius of the concave region (23, 24) is approximately equal to the spherical radius of the end element (12, 13).

4. The training apparatus of at least one of claims 1 - 3, characterized in that the steady concave transition region (21, 22) between the spherical end elements (12, 13) and the rod-like intermediate element (11) has a smaller minimum diameter than the equivalent of the maximum diameter of the rod-like intermediate element (11).

5. The training apparatus of claim 4, characterized in that the rod-like intermediate element (11) is cylindrical over a substantial region of its length.

6. The training apparatus of at least one of the foregoing claims, characterized in that the radius of the spherical shape is in a range between 30 mm and 75 mm.

7. The training apparatus of at least one of the foregoing claims, characterized in that the minimum diameter of the steady concave transition region (21, 22) is in a range between 17 mm and 25 mm.

8. The training apparatus of at least one of the foregoing claims, characterized in that its total length is in a range between 200 mm and 560 mm.

9. The training apparatus of at least one of claims 1 - 7, characterized in that a total length is in a range between 600 mm and 2000 mm, and preferably between 600 mm and 1200 mm.

10. The training apparatus of at least one of the foregoing claims, characterized in that it is molded in one piece.

11. The training apparatus of at least one of the foregoing claims, characterized in that it is of wood, plastic, metal or stone.